

# Chicken with Vegetables and Rice

**Makes:** 3 Servings

Carrots and green peas are the vegetables used in this recipe. Just one pan is needed to cook it.

## Ingredients

- 1 can** carrots, drained, about 15 ounces
- 1 cup** cooked chicken, about 5-6 ounces (diced)
- 1/2** chicken bouillon cube (or 1/2 teaspoon instant chicken bouillon granules)
- 1/2 teaspoon** basil (dried, if you like)
- 1/2 cup** water
- 1 cup** white rice (cooked)
- 1 cup** low-sodium green peas, about 8 1/2 ounces (8 1/2 ounce can, drained)

## Directions

1. Combine carrots, chicken, bouillon, and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

**Source:** Recipe adapted from DelMonte.com.

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>230</b>
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	412 mg
Total Carbohydrate	33 g
Dietary Fiber	6 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
Vitamin D	N/A
Calcium	66 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	